



The Spinal Column

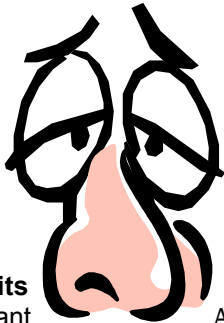


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Fight Allergies with Chiropractic

Millions of people suffering from a wide variety of conditions, including allergies, have benefited from chiropractic care. How is that since chiropractic is not an allergy treatment? **Chiropractic is a natural health care that enables your body to function at its best.** It's especially important if you suffer from allergies.



improve immune system function. The chiropractic approach is to remove vertebral subluxations, a common spinal distortion that puts stress on your nervous system. Freed of nervous system stress, your body will work more effectively to neutralize the allergy-causing chemicals in your environment.

By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively—something all allergy sufferers need. A nervous system without stress functions more efficiently. Recent studies reveal that **when the nervous system functions better the immune system benefits.**

Chiropractors correct the underlying cause of body malfunction in order to

As Dr. Kurt Donsback has said: "A healthy body is capable of neutralizing these toxic substances and a body which has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating these allergens." If one of the vertebrae on your spine is out of place it could be putting pressure or irritating a nerve. Maybe the nerve that controls your sinuses, your head, your throat or your immune system. This is where chiropractic can help!

A Case study—Chiropractic works!

On May 7, 2009 a story was run on the ABC affiliate, KSPR out of Springfield, MO, about Jami Lynn Lilly, an allergy sufferer. Every spring, her allergies would give her sinus problems and cause her eyes to water. She commented, "I get really bad sinus infections, for weeks I just look like I'm bawling all the time"

Jami finally decided to go to a chiropractor. After her first visit, she reported improvement. She described the experience by saying, "He adjusted me one time for it, for two to three days my nose just drained and then I was fine after that." In the article, Jami's chiropractor, Dr. Baca, raised an interesting question. **"If there's an allergy floating around out there, what makes one person susceptible to it, when**

it doesn't make all of us susceptible?" He explained that the nervous system is the key. He stated, "Your nervous system controls every aspect of your body, including your immune system." Chiropractic works threefold; improves immune system function, helps sinuses work more optimally and allows your body to adapt more efficiently to changes in the environment.

FREE Exam & Consultation

Includes Spinal X-Rays

Schedule your appointment today!
Call us 770-513-8922

Any further treatment shall be agreed upon in writing and signed by both parties.
Expiration Date: 4/30/2010

Recipe of the Month

Protein-Packed Parfait

Yogurt is an excellent source of protein, containing anywhere from 10 to 14 grams per 8-ounce serving. Add in some granola and you've got a protein-rich snack, not to mention one with a calcium kick.



Use low-fat yogurt and try the plain flavored variety, letting fruit be the source of sweetness (mash up some bananas or berries with a fork and mix with the yogurt).

Start with tall, clear glasses and begin layering spoonfuls of yogurt, fruit, granola, and other fun foods. Most ingredients can be store-bought, but try making your own granola. Try this one:

Honey Nut granola

- 4 cups rolled oats
- 1 cup sliced almonds
- 1 cup chopped pecans
- 1 cup raw sunflower seeds
- 1/3 cup canola oil
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon

1. Preheat oven to 300 degrees F
2. In a large bowl, stir oats, nuts and sunflower kernels together. In a separate bowl, mix together oil, honey, vanilla and cinnamon. Add to dry ingredients; mix well. Spread mixture onto two ungreased baking sheets.
3. Bake in preheated oven for 10 minutes, remove from oven and stir. Return to oven and continue baking until golden, about 10 minutes. Remove from oven and let cool completely before storing.

